

Hippocrates Health Centre of Australia

Historical Testimonials Volume 4



TESTIMONIALS

I can't believe how easy it was to stop smoking!! I'm certain that not consuming bad foods made stopping smoking much easier. In addition, my itchy scalp has gone, my dandruff is gone, my skin is clear at last, I sleep less, I feel more energetic, and I feel much better and healthier generally. I was very apprehensive when I came, but soon joined in. I recommend Hippocrates to everyone!

Ross Shirvington, Caloundra, Q

I now need much less asthma medication than when I arrived. And my liver spots have faded considerably, and I've lost weight. I've recommended Hippocrates to many already.

Lionel Rockman, Yanakie, Vic

I'm much calmer and more relaxed. I'm looking forward to more improvement when I return home and continue to follow the program. This week has set me on the right track again. Thanks to all!

Maree Kerr, Secretary, Petrie, Q

I attended Hippocrates 4 weeks ago. Since then, I've felt so much fitter and trim! I couldn't believe the amount of energy I had after I left. I swim everyday in the ocean (about 2 km), and walk and work out at the gym everyday. Thanks again, and good luck with your book! Love to all.

Fiona McIntosh, Mooloolaba, Q

I'm age 66. I smoked cigarettes for 52½ years - until the moment before I arrived at Hippocrates! The program is excellent - but not easy. With a firm mind, one can accomplish miracles. At last, I'm free of that dreadful nicotine habit!

Russell Dore, Grazier, Mooloolaba, Q

I've lost weight, and look years younger. My head is clearer, and I feel fresher, rested and revitalized. There may be many more benefits which will only show up as time passes and I'm once more in stressful situations.

Annabelle Swain, Farmer, Peak Hill, NSW

TESTIMONIALS

I lost 8 kg in 12 days! I feel and look much better, and have much more energy.

Jane Brien, Grafton, NSW

Keep up the good work! I came here 2 weeks ago feeling 50 years old. Now I feel 30! I've lost 5½ kg. My skin is smooth and moist. Diverticulitis, hiatal hernia, fluid retention, swollen lymph glands, eyesight, energy and mental attitude have improved enormously. If I could go back 4 months, I would not have had a hysterectomy. I can never thank the faculty enough for what I have learned the past 2 weeks. I'm ready to go home and stay on the right track. Thanks a million! With love....

Lyn Hickey, Armidale, NSW

I just attended HHC for the second time. I've lost weight and stopped smoking (at the same time!!), feel a lot better and can breathe easier.

Heather Farley, Age 39, Clerk, Palmwoods, Q

In just 5 days I've stopped smoking, lost weight, lost stress, have cleaned myself out and feel a lot happier. I can't wait to return! Nancy Atkins, Company Director, Age 35, Hamilton, Q

I've lost 3 kg in 5 days AND stopped smoking. Arthritis has improved noticeably. I feel a lot better. Breathing is easier.

Maggi Turner, Age 40, Potter, Tweed Heads South, NSW

I've lost 3½ kg AND stopped smoking! I feel terrific!

Judy Atkinson, Age 42, Maroochydore, Q

TESTIMONIALS

I lost 1½ stone in 2 weeks! And I quit alcohol and caffeine. I'm feeling the lightest and healthiest that I've felt in years.
Maxin Clayton, Writer, Labrador, Q

I came with cancer in the early stages. For years I've been aware of the benefits of raw foods, but I never did raw foods 100%. After 2 weeks here I'm lighter, more balanced physically and have much more energy. I've found the Vitalizer very beneficial, and bought one. (I found that just 30 seconds on the cheap rebounder caused me to feel weak and dizzy, while I feel wonderful after rebounding for long periods on the Vitalizer.) I'm confident that the program will help me live a long and healthful life.

J. Elaine Lindsay, Waitress, Tarragindi, Q

In just six days my arthritis has gone, my stomach ulcers and heartburn have gone and I feel very healthy and really alive. Thank you!
Joyce Marsh, Tweed Heads, Q

I've lost 6 kg of flab, and feel enormously better.
Laurie Cole, Musician, New Farm, Q

I'm so sorry that I was able to spend only one week here! I came here with cancer. I feel great now, and wish I could have at least one ~~more week to feel the~~ benefit of all I have learned. I certainly have knowledge and confidence now for many happy and healthy years ahead, which is really something after the horror stories the doctors told me! After reading Eydie Mae's "How I Conquered Cancer Naturally", I was amazed and pleased to discover Hippocrates right here in Australia. Now I can put into practice for myself her experiences with living foods, wheatgrass, enemas, implants, etc. I have a friend who runs a health store at Glenelg, SA, and I've taken a number of leaflets to display. I'm sure my success story will create interest. All of the staff have been so friendly and helpful. One couldn't wish for a better learning atmosphere. It's been a very worthwhile and wonderful experience. I can't praise all of you enough.

Dawn Clutterham, New Brighton, SA

TESTIMONIALS

I've just attended Hippocrates for the second time, and I'm feeling better than ever! My head is clearer, and I feel calmer. I've stopped smoking. My teeth are whiter, and I have more energy. Christopher Yardley, Newtown, NSW

I've lost a lot of weight in 3 weeks. I've stopped smoking. My skin is much clearer. My eyes are shiny again. And I've developed the self-discipline necessary to cope when I get home. I'm so glad that I was here for 3 weeks instead of 1 or 2. I know that less time wouldn't have allowed me to build the emotional strength I need to stick to the program at home.

Jenny Mills, Shopkeeper, Broadford, Vic

I feel much more relaxed. I've learned an incredible amount. I've lost weight. And my whole body feels cleaner.

Maryanne Pettit, Real Estate Sales, Florida Gardens, Q

I'm a lot more relaxed and calm. I've lost that stressed, nervous feeling I had before I came. I have a lot more energy. I'm sleeping less. My skin and breath feel a lot cleaner.

Kerry Bailey, Legal Secretary, Biggera Waters, Q

The skin around my fingernails isn't splitting any more. My breathing is deeper and more relaxed. I've lost 4 kg of fat. My muscle tone and

shape have improved. I'm very pleased with the results! I feel that 2 weeks should be the MINIMUM attendance. It was only during the last few days of my 2 weeks stay that I started to grasp the entire idea of the program. When I tried the dried fruit and nut balls that I made (knowing that they were BAD food combining), I found that, as I was told, they didn't digest well at all. This is what prompted me to consider the effects of the foods I used to consume regularly. I think that I noticed the way my body coped with the badly combined food because I was doing enemas regularly. When I return home, I WILL follow the program 100% for at least one month. I think that my desires for the common health-threatening foods will decrease during this month. You're all doing a great thing by having Hippocrates open in Australia!

Julian Wayte, Uni Student, Wembley Downs, WA

TESTIMONIALS

I was in hospital with severe kidney pain just two weeks ago (at age 37.) The specialist wanted to operate to remove kidney stones. I refused, and came to Hippocrates, based on a close friend's recommendation. After less than 1 week I've lost 1 stone, have learned an enormous amount and am certain that following the program will eliminate the need for surgery. And I've taken lots of brochures to show my customers. I've learned that my kidney stones were caused, in part, by the large amounts of cold liquids that I was drinking. I'm thrilled!

George Peters, Hairdresser, Southport, Q

I came to the Centre with melanoma at age 29. After 6 days here, I feel really content, happy and aware of what I can do to heal myself. My energy (especially upon rising first thing in the morning) is SO high. Before I came I had lots of trouble getting out of bed. The atmosphere here is so relaxed. Everyone has been so helpful. Before I came here, I was scheduled to start chemotherapy for melanoma. Now I know I can heal myself by sticking to the program and maintaining a positive attitude. I hope that my young family will follow with me. Thanks so much to the entire faculty for guiding me to a better life. With love.....

Debbie Rane, Caboolture, Q

In one week here I've stopped smoking - with the help of the my fellow students, the faculty and the relaxed atmosphere. I've lost weight, and feel much lighter and clearer in my mind. I would have loved one more week!

Vicki Miethke, Bundall, Q

Psoriasis on my face and chest have gone completely. I came here totally burnt out, lethargic and depressed. My energy, confidence and enthusiasm are reinstated. My fingernails have hardened and grown considerably. The tension in my neck, shoulder and back have gone - the massages helped this enormously. My fitness must have improved. The STEEP walk to the top of the hill helped a lot - although the calf muscles took a week to adjust. And I learned SO MUCH! The entire Hippocrates Program is far superior to any I have seen or read about - although perhaps too strict for most. I admire your dedication, and the fact that you don't bend your principles for anyone. I wish you every success with your new centre, and would love to assist in any way possible - just ask! Thank you!

Maggie Webster, Proprietor, Brunswick, WA

TESTIMONIALS

I attended Hippocrates 9 months ago. Since I returned home, I've been eating 90% raw and growing and juicing wheatgrass. I feel wonderful! I've been telling everyone about Hippocrates!

Branko Stambuk, Art School Principal, St Kilda, Vic

I was referred to Hippocrates by Roger French of the Natural Health Society HQ in Sydney, and by the Sydney Cancer Information Support Service. I arrived here with a suspected small breast cancer, and a chronic breathing problem, and was somewhat withdrawn. After 2 weeks here my attitude has improved greatly, and my breathing has improved. I also have a great feeling of confidence that I will be able to keep my possible cancer under control, and very likely prevent it from recurring, with the knowledge that I've gained here. I'm leaving with a general state of wellbeing.

I'll recommend Hippocrates to friends and to the CISS people.

Margaret Cahill, Pensioner, North Sydney

I had continuous sinus and allergy problems for 2 years. Here, they're gone after 3 days! Before, I was having headaches every day. Now, they're gone. I was taking antibiotics on and off for 2 years for pimples. Here, with no antibiotics, my skin has cleared 99% in 5 days. And, I smoked 30 cigarettes each day for 14+ years. I've stopped smoking easily, and I'll never smoke again.

Thanks and a big hug to all!

Cheryl DuMee, Secretary, Camira, Q

Before coming here, my candida problem caused me to feel low energy much of the time, and I had to nap every afternoon. After just a few days here, I felt abundantly energetic. My candida problem is gone, I've lost ½ stone, and I look and feel wonderful!

Shelley Newlove, Age 23, Boonah, Q

I feel healthier, my sinus has cleared and I've lost weight.

Dot Gale, Potter, Reedy Creek, Q

Just 10 days ago I was in hospital with heart and lung disorders. Now my breathing has improved, my blood pressure has reduced and I'm eliminating much better. I've taken much literature with me to show friends.

June Horne, Bundall, Q

TESTIMONIALS

I arrived here taking 4 blood pressure tablets per day. I was applying a transderm nitro 500 patch on my chest near my heart, and I was taking at least 3 angina tablets every day. I was booked into St Vincent's Hospital to have quintuple bypass surgery. After 3 days on the program I stopped taking ALL medication, and have had no chest pain at all during the 11 days since then. Thanks to all! Keep up the good work!

Frank Woolfrey, Cronulla, NSW

I came here really to accompany my husband. I have found, though, that as a result of following the program, my body has become much more relaxed and supple, and I've lost 5 kg. The faculty have been wonderfully kind and thoughtful to both me and my husband during our stay here. We've enjoyed everything! Thank you!

Valma Woolfrey, Cronulla, NSW

My health has always been good, but I've always had a brown spot in my left eye that has nearly gone after only one week. I feel better for coming, and will live a better lifestyle when I return home.

Drene Campbell, Company Director, Benowa Waters, Q

I'm more relaxed, I'm sleeping much better, and my contact dermatitis has improved 90%. I've had a wonderful education in cleansing the body and mind. The juices and food are excellent, and the faculty are so willing to make everyone's stay a truly happy one. You are all to be congratulated! We look forward to the opening of the new centre with great interest, and will support you in the future by referrals. The food preparation, content and presentation are fantastic. Yummy!

Val Jenkins, Natural Therapist, Armidale, NSW

When I first came to Hippocrates, 6 months ago, I quit smoking immediately with no difficulties. This time, I quit smoking again with no difficulties, and never felt like smoking. I lost weight as well: 8½ lb. I feel very fit and well. All of the faculty were great: helpful and considerate.

Colin Campbell, Company Director, Benowa Waters, Q

TESTIMONIALS

I lost weight, and am getting fitter. My eyes have improved, and I lost crusty hard skin from my elbows.

Doris McKew, Gladesville, NSW

I'm now much healthier all over. When I arrived, the daily exercises were hard - now they're easy. I ate to my heart's content, and still lost weight. I didn't miss any foods! My eyes are perfectly clear, and my inner organs are functioning perfectly! To sum up, I feel as if I've had a grease and oil change, and the mechanic got it RIGHT!

Natalie Hayball, Music Student, St Ives, NSW

My attitude is much more positive. I feel fitter and healthier, as if I can now control my life. My constant headache is much better. I feel satisfied with the diet, and feel that I can eat to suit myself without counting calories.

Helen Addison, Algeester, Q

Great companionship, a sensible approach to diet, higher mental awareness. A steady progression in life. OH YEAH!

Phil Wielson, Cessnock, NSW

My digestive problems are much better, and I've freed my system of mucus and impacted feces. I'm looking forward to returning.

Shirley Tun, Parkville, Vic

I attended Hippocrates almost two years ago. Since then, I've stuck closely to the program, and my tumour has disappeared.

Megan MacNicol, Kenmore, Q

I attended Hippocrates 3 months ago. I'm feeling very well now. I'm sticking closely to the program, and using the Vitalizer every day, and doing the daily taped physical exercise. I'm looking forward to coming to Hippocrates again.

Marian Schreiber, Buderim, Q

TESTIMONIALS

I feel great and happier, my face has lost a lot of stuffiness, and I feel 100% better.

Belinda Trembath, 27 Allowrie Street, JHamberoo 2533

I wasn't hungry between meals. I didn't feel tempted to eat food every time I saw it. I wasn't weak. I felt active. It was very peaceful, and my mind is refreshed. My throat congestion is less.

Rosalind Herron, 39 Premier Street, Oxley 4075

Very good results. I lost 2 kg in 5 days. I had an old bruise which is getting much clearer. The staff is nice and kind. I'd like to stay longer.

Dulce Nolasco, 148 Glenmore Road, Paddington 2021

I have increased energy, especially early in the morning. I found I had an additional 3 hours of energy per day. I feel better all over.

Lance Schuler, 57/50 Roslyn Gardens, Elizabeth Bay 2011

My rectal bleeding stopped within 2 days. I lost 9 lb. I feel much brighter and happier.

Helene McKenzie, 68 McLean Street, Coolangatta 4225

I lost 3 kg. I have more energy. I've suffered from anemia for years, and the anemia is improving.

Iris Pearce, 16/43 Ashgrove Avenue, Ashgrove 4060

When I arrived here I was so weak I could barely get up the stairs. I have cancer of the cervix. Now, 3 weeks later, I'm able to do chores, climb the stairs with no problem and feel new energy. I have no bleeding in the bladder and the kidneys are functioning. The yellow in my skin has gone. I had juices only for 17 days, and this has cleansed toxins from my body. I will follow the programme at home. Thank you for your love, care and healing. May the love of the father guide you always.

Corine Berry, 32 Ferres Street, The Grange 4051

TESTIMONIALS

I attended Hippocrates more than a year ago. I got the Champion Juicer then, and I'm so glad! It's marvellous, easy to clean, versatile. Since attending Hippocrates I've been feeling great. My sciatica is gone, and life is good. We've even been to Tibet! And what did I miss more than anything? Live, raw foods, of course! The Tibetan diet is not like ours. Please keep in touch!

Daphne McPherson, Age 73, Eltham, Vic

The stiffness in my feet was gone after 3 days. I've lost weight. I'm feeling good. My hair texture has improved considerably. And I'm amazed by how quickly the week here slipped by. I believe that your new centre will just about perfect what you already have going.

Mike Hughes, Businessman, Southport, Q

Here's what I wrote on the day that I arrived, 3 weeks ago:

"I'm unable to stop a diet/binge habit I've had all of my life. I've no idea what it's like to eat normally. I'm addicted to sugar, so when I try to diet I get very lethargic, moody and depressed. I can diet for a few days, or a few weeks, but always seem to revert back to the sugary foods for a boost. Then the guilt and anger sets in, and I'm annoyed for bingeing as I did. And others suffer because of my moods. I'm a worrier, and my mental health has deteriorated over the past 2½ years due to the above problem and not being able to correct it. I'm very forgetful, anxious, stressed, have frayed nerves and do out of control."

Here's how I feel today, after 3 weeks here:

"I am full of energy, whereas before I came to Hippocrates I was always low in energy and very lethargic. I suffered bouts of depression and anger, and couldn't get off this terrible sugar addiction I'd had for years. I feel very happy now. I feel like jumping out of my skin. Being here at Hippocrates for 3 weeks has been a tremendous learning experience -- the best in my life. I'd like to thank the entire faculty so much for being so helpful and sharing your knowledge with me! Keep up the good work! You're doing a fantastic job!"

Heather Taylor, Grazier, Alpha, Q

TESTIMONIALS

I smoked compulsively for 20 years before coming here. I've quit!
I now have control over what I put into my body, and I know what is healthy.

Nadia Repin, Teacher, Beralda, NSW

My head is clear. I don't wake up tired. I can walk over 8 km in a day and not feel overtired. The walks to the top of the hill have inspired me to continue daily walks. I used to be out of breath, with heart pounding madly after running up 12 stairs. I've lost ½ stone in 6 days. I feel relaxed, inspired and on my way to good health.

Christene Khan, Restaurateur, Armidale, NSW

I didn't come with any particular health problems, but rather to learn. The program and the positive, happy and beautiful environment have left me mentally and spiritually refreshed. Physically I feel a renewed spring in my step, a sense of lightness, a sense of physical wellbeing, and I'm more clearheaded. My dry skin has also improved. Thanks to all of the staff for your love and guidance. Best wishes for continued progress!

Kester Baines, Naturopath, Murrumbidgee, Vic

A week here has brought about some positive physical changes, but, more importantly, it has been a catalyst for a much needed realignment of thought regarding truly healthy eating and living habits. Thanks to the staff for the great food and entertainment.

Jenny Smith, Naturopathy Student, Hampton, Vic

I have more energy and I don't feel tired. While here I've felt wonderful, and I know that I'll continue to improve by organising myself and following the program at home.

Fay Hill, Kingaroy, Q

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I feel a lot better mentally and physically. I've got a lot more energy. What I've learned here will be an enormous benefit to me for the rest of my life. It's been a real education!

Eric Stritzke, Lutwyche, Q

I lost 2½ kg in weight. I feel better, and have more energy. I am more relaxed, and feel rejuvenated. We'll be back soon.

Jill Dykes, Olinda, Vic

I've had a very good rest, and feel much more relaxed. An excellent place for a holiday! Next time we'll stay 2 weeks.

Caryl Meisner, Nutritionist, Kelvin Grove, Q

I have become more energetic and happy. When I came I felt so listless and overburdened. After only 1 week I feel so rejuvenated, and can't wait until I get home to grow my wheatgrass and experiment with all of the new recipes.

Pat Morris, Mackay

I've lost weight on the program without feeling hungry once. I also notice a big improvement in my skin, and feel very fit.

Beryl Neave, Receptionist, Balnarring, Vic

Clearer eyes. Better leg circulation. General awareness and interest in life has been heightened. General health has improved.

Bill Chadwick, Retired Company Director, Noosa

Eyesight has improved noticeably. Brochitis almost totally clear. Lost 11 lb in one week. I'll place brochures in my clinic.

Kevin Neave, Chiropractor, Balnarring, Vic

I came here smoking 25 cigarettes per day. I've quit completely, with NO craving. I'm thinking clearer, my skin has cleared, the swelling in my lower stomach has gone, my formerly red crusty eyes have cleared, I'm needing only half as much sleep and find it easy to get out of bed, and I have a better attitude toward life.

Dean Agnew, Retail Manager, Petrie Terrace, Q

TESTIMONIALS

It's been 2 months since we attended Hippocrates. Although I haven't been able to stick to raw foods 100%, I've improved a lot. I have a plate of raw veges every day, and eat a lot of fruit. And I gave up coffee, tea and "yummy" continental cakes (they don't even tempt me any more, to my surprise!) and dairy products. Unfortunately city life doesn't give you the wonderful atmosphere of relaxation, peace of mind and friendly tolerance toward others - something which you've created at Hippocrates. I wish you plenty of happiness!
PS - My doctor, M Broff of Prahran, was so impressed with our improvement that he wants to be placed on your mailing list.
Henrietta Liebmann, E St Kilda, Vic

I attended Hippocrates 5 months ago. Now I'm buying my daughter a Lifestream juicer. Whenever I discuss health with anyone, my enthusiasm runs away with me and I tell everyone what a wonderful place Hippocrates is.
Veronica Pocock, Mt Gravatt, Q

After many, many tries I gave up smoking and found it far easier than I expected. No cravings at all! The relaxed environment here promotes a sense of calm within. A very pleasant week!
Liz Walden, Videotape Operator, Camp Hill, Q

By being active through the walks up and down the hill, and by learning as much as possible through tapes, books and talks here I feel a wonderful peace in myself. My energy level for everything is very high, and I'm much thinner. I've gained much more self-confidence, which will help me maintain this new lifestyle. Thanks to all of the faculty for your time and words of wisdom. I've taken lots of brochures to pass on the good word.
Pamela Priest, Music Teacher, Moorooka, Q

I've smoked for 40 years. My main reason in coming here to was to quit, and I have. My breathing is 90% better, and my body and mind are much lighter. And I met some really beautiful people. Good luck, and thank you for a wonderful week!
Dorothy Godden, Palm Beach, Q

I've lost weight, and headaches are gone. And I've learned a lot!
Wendy Harrison, Birkdale, Q

I've lost weight. Headaches are gone. I feel a lot cleaner and more relaxed.

Rebecca Hewitt, Toorak, Vic

I'm calmer. I've detoxified. I'm much more relaxed. My skin has improved. I'm sleeping much better. All in 5 days!

Elizabeth Langford, Edge Hill, Q

I have more energy. I've lost weight. I'm sleeping much better. I'm feeling less stressed. I feel much more confident.

Fiona Inslay, Rockhampton, Q

We've lost weight. Dry skin is gone. We're breathing much better, and have far more energy. Thank you!

Marcela and Lucy Ricanek, Ringwood, Vic

My mobility has much improved. Skin is clearer. I've lost weight. Less stomach bloat. I have more energy. Thank you!
Virginia Gluyas, Elwood, Vic

I've lost 3½ kg in 5 days. I'm more relaxed, and breathing is better.

Mark Smallwood, Williamstown, Vic

MY body and mind are FLOWING! And I've learned what's essential and what isn't. Thank you!

Jeanette Cameron, Burleigh Heads, Q

I've lost weight. My overall health has improved immensely. I'm more relaxed. I've gained a lot of knowledge about foods. I learnt a lot about my body. I have great energy. I can breathe again. I see the future as positive.

Michelle Watkinson, Cairns

I've lost weight, and my skin is much clearer and smoother. I know now that there is a way to better health.

Rae Kaminski, Goodna, Q

I have bowel cancer. I know now that this is the answer. I'm more alert, and I've lost weight.

Larry Kenny, Greenmount, Q

I've lost 5½ kg. I feel cleaner, happier, healthier, better in general. I have more energy, and I'm more alert.

Chris Twarowski, Labrador, Q

I've lost weight. I've relaxed a lot. I feel energetic and more alive.

Di Fowler, Biggera Waters, Q

I've lost weight. I feel more energised, more relaxed, more alive, cleansed.

Dinah Johnson, Graceville, Q

I've lost 10 kg. I feel fitter and healthier. I have more energy, and I'm actually enjoying raw foods more than cooked foods!

Tina Dennis, Eumundi, Q

I lost 8 kg in 12 days! My colon is cleaner. Skin is softer. More energy, more relaxed, destressed.

Lindee Warren, McMahons Pt, NSW

I feel recharged. Healthful diet and detox have improved my digestion and cleared my thoughts and energies.

Duncan Craft, Wahroonga, NSW

Clearer sinuses. Less mucus. I feel lighter, cleansed internally and more relaxed. I am clearer in my mind, and happy to have a direction for improved health. Thank you! My husband will be here soon.

Sue Crealey, Clayfield, Q

Hot flushes have disappeared in 6 days! And my skin is smoother.

Karin Jasiulek, Carrara, Q

I was in hospital for weeks with a kidney infection. After just two days at Hippocrates the infection seemed to clear up completely. When I arrived I was pale, and low in energy. I now feel energetic, and have noticed a big improvement in my skin tone and color.

Vicki Lane, Cairns

Eyesight has improved as a result of exercises and wheatgrass juice in the eyes. My body is more flexible. I'm less toxic, and feeling better all over. Airways and breathing are much freer.

Barry Montgomery, Eagleby, Q

TESTIMONIALS

I first came here two years ago to do a story for the "Extra Dimensions" network TV program. At the time, I couldn't bear the taste of wheatgrass juice. Although I'm still not enthusiastic about the taste of wheatgrass juice, I can see many improvements in my health after just two weeks here. My skin is now clear and silky. My eyesight is much improved - I can see very long distances for the first time in years. My general health is very much better. Sinus problems are gone. My nails are stronger, and my hair is growing faster. I'm breathing more deeply, so my blood is more oxygenated. I've lost 11 lb in 13 days, and feel squeaky clean inside and out. Most important, I've learned a new way of life which will help me maintain my good health for the rest of my life.

Jan Kingsbury, TV Reporter and Actress, Whale Beach, NSW

As a result of douching with whesatgrass juice, my vaginal thrush is GONE! My bowels feel better and lighter. And I loved helping in the kitchen! I learned so much, and could share what I know!

Linda Waddell, Vaucluse, NSW

I was recently diagnosed as having hypoglycemia. After feeling run down and fatigued for years - and I'm only 26! - it was a relief to know what my problem was, so I could begin to handle it. My naturopath gave me a list of acceptable and unacceptable foods. I was even told to limit fruit intake to one piece per day, and to avoid melons altogether! Here at Hippocrates, though, I did the complete watermelon juice fast, and ate lots of fruit and melons, had no reaction, feel great and lost 3 kg in 5 days! I'm looking forward to the program as a long term way of life, and know that my health and peace of mind will continue to improve - with all of this improvement in only a few days!

Jenny Gilbert, Manageress, Palm Beach, Q

TESTIMONIALS

I've lost over 1 stone in 12 days. I'm feeling much healthier in mind and body. The enemas and implants were scary at first, but I soon found that they were easy, and they made all the difference for me. I'm now going to teach my husband and children all I've learnt about good health. I've made lots of new friends. And I thank all of the faculty for their caring attention.

Donna McCarthy, Receptionist, Sunnybank Hills, Q

I arrived here just 6 days ago with arthritic pain in my left hip (at age 34), which has improved greatly. I've passed a lot of mucus, and feel cleaner in general. The other students were wonderful, and very supportive. The faculty were really wonderful. I wish I could have stayed another week or two! Maybe next time!

Narelle Thompson, Lord Howe Island, NSW

I've lost almost a stone in 12 days, and I feel and look my best in years!

Anne Prentice, QANTAS Travel Manager

We've now been home from Hippocrates for 2 weeks. I came to Hippocrates with bone cancer, my wife with osteoarthritis. We are both feeling very well now, and are doing the Hippocrates exercises every day at 630 AM, followed by breakfast at 700 AM, and watermelons are the star attraction. We are so grateful to you and the Hippocrates Program, and I know we won't look back now. It's been many years since we've experienced the energy we now have. Thank you to all of the faculty for sharing your knowledge with us!

Parry Bocking, Tuross Head, NSW

NO TESTS OR DRUGS REQUIRED

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TESTIMONIALS

I came to Hippocrates as a last desperate effort, after failing with many recommended diets and continuing to deteriorate in health (at only 47!) It has been a wonderful experience partaking of the instruction and guidance and working with the faculty and students. DIET ALONE SIMPLY DOESN'T WORK! THE SECRET IS THE TOTAL CLEANSING PROGRAM HERE. ENEMAS AND IMPLANTS. They're distasteful, but they work. I was never able to lose weight, even while eating only 1000 calories per day. HERE I LOST 29 LB IN 18 DAYS! When I arrived, I was suffering tremendous pain throughout my body, and had reached the stage of having to force myself to continue to function. These are just some of the problems which have left me: A tremendous loss of retained fluid. Pain has left my joints, muscles and abdomen. Two lumps (one quite large) have gone from my left breast, and the thickening is dissipating. A thick blanket which seemed to be over the back of my brain, preventing me from remembering what I was trying to say, is gone. The floaters in front of my eyes (like seeing mosquitos flying before your eyes) have gone. The terrible creaking when my neck is moved has almost gone. For the first time in two years, I had a normal menstrual period. The atmosphere has helped me consolidate my thinking, enabling me to sort particulars and set priorities. Each individual contributes something during his or her stay. Effort expended will result in gain. Thanks to all of the faculty, and thanks to all the beautiful people I have met and will never forget.

Elaine England, Senior Registered Nurse, Mackay, Q

I attended Hippocrates a year ago. Since then my health has been great when I stick strictly to the Hippocrates Program, down when I "cheat" away from home. However, I'm still much better (I had lupus) than when I came there, so I'm thankful for that. I've enclosed a cheque for a Champion Juicer. Please pass on my love to all.

Ruth Lipscombe, Educational Administrator, Freshwater, NQ

TESTIMONIALS

It's two months since Barry and I attended Hippocrates. I've distributed tons of brochures to health food stores here in Melbourne. Everyone agrees that Barry looks healthier and better after losing weight. He's probably the healthiest guy in the gym! If someone comments on what he's eating, he simply replies "At least I'll live longer." He's a very good advertisement for the Hippocrates Program because he's an example of being healthy and still remaining solid. The solid guys listen to him. As for myself, I've had excellent results compared to my past eating habits. I definitely have included a lot more live foods. I find that I can be satisfied with eating fruit for lunch and a large sprout and vege salad for dinner. I really feel so satisfied afterwards, for I only have one concentrated food with the vege salad. And I find that my sweet tooth is slowly but surely diminishing and I hardly every snack or nibble between meals - which is a relief when you've been doing it all of your life! So, congratulations to all of the Hippocrates faculty! It's results that Barry and I have had that make us so enthusiastic about the Centre and the program.

Sophie Gabrielson, East Doncaster, Vic

Since coming here I feel clearer-headed and more positive in my attitude towards life. I was feeling that life's problems were getting the better of me, but am now prepared to look more firmly for solutions. I came here to lose weight and tone up, and I've done something towards achieving those goals. Thank you all for a most informative week.

Delys Middleton, Secondary School Teacher, Armidale, NSW

I had Ross River Fever. Now, after two weeks here, my body feels clean again. My tiredness is gone, and my brain coordination is much better. When I first came, I was so sick I could hardly talk, and now I'm my normal self. The basic program and the food is very good. The faculty is wonderful, and I've enjoyed my stay.

Thank you!

Lincoln Steinohrt, Truckdriver, Dalacca, Q

TESTIMONIALS

I've been free of alcohol and cigarettes for 2 weeks! I've lost weight, my energy has increased and I feel great!
Susan Stephens, Real Estate Agent, Waterman, WA

I've become much cleaner and relaxed, and have a whole new perspective on things. I know I can maintain the program at home!
Helena Wayte, Real Estate Agent, Wembley Park, WA

I've lost weight. And my sense of smell has heightened! For years I haven't been able to smell the earth or grass after a rainfall. In the last day or two here, I've noticed with surprise the very different smells of nature! And my cheeks are nice and pink and glowing! For years I had to hide my pale cheeks with cosmetic colors. I feel excellent in myself, and look forward to practicing the Hippocrates lifestyle for the benefit of myself and my family. Thank you all!
Valerie Higson, Health Food Store Manageress, Stafford, Q

I arrived at Hippocrates with a sore stomach and much intestinal gas. My stomach is less sore, I have much less gas, and I'm more relaxed, with renewed intentions to live and think more healthfully. I've taken many brochures to give to my patients.
Richard Skinner, Chiropractor, Nowra, NSW

When I arrived here, I was smoking 80 cigarettes per day. I've quit smoking permanently - and I'm amazed by how easy it was. And I've lost 3 kg in 4 days!
Anne Taranaki, Manager, Yorkeys Knob, Q

I've stopped smoking and drinking, with NO cravings. I'm much calmer and clearer. My senses of taste and smell have improved. My entire sense of wellbeing has changed!
Dianne Gorman, Glengarrie, NSW

TESTIMONIALS

10 weeks before coming to Hippocrates, my doctor told me I had lymphoma, at age 41. I had chemotherapy, and it produced unpleasant side effects: sore throat and ears, flushed skin. After 2 weeks at Hippocrates, these side effects are now gone or greatly diminished. I also had pains in my underarms and joints, and these pains are gone almost entirely. In general, I'm emotionally happier and feeling better all over. I had a fabulous stay, with benefits more than these few words can say. This is just the beginning - a taste of the benefits I will receive from the program later, as life goes on. With much love -----

Irene King, Naturopathic Student and Housewife, Burleigh Heads, Q

I've lost much weight, and my skin and eyes are much clearer and softer. I need much less sleep and enjoy improved stamina. Thanks to all of the faculty for being so patient and so much fun!

Marilyn Rothwell, Occupational Health Representative, Melbourne

I've had cancer of the lungs, breast, and salivary gland. I feel so much better after 3 weeks here! I feel physically stronger, with more energy. My eyes are clearer, and I'm more mentally alert. I'll return every year to Hippocrates!

Cynthia Luke, Age 60, Redland Bay, Q

I arrived here smoking, and with a severely inflamed thyroid. In just 5 days I've stopped smoking, my thyroid condition has improved enormously and I've learned an incredible amount. I only wish that I could be here much longer. I know that complete improvement will take time, but I'm leaving now with a much more positive attitude.

Lorraine Dickinson, New Farm, Q

Before I came to Hippocrates, I was lethargic, and arthritis was creeping into my joints at age 34! I wasn't sick, yet I wasn't healthy, either. In 2 weeks here I've noticed my energy improve. Most of the pains are gone, I feel lighter and my mind is clearer.

James Moss, Home Hill, Q

TESTIMONIALS

My sense of overall wellbeing has improved. My body is lighter. My arthritis pains have diminished greatly. My skin is smooth. Stiffness I had in my legs and hands is gone. I feel much less tension in my shoulders and neck. I very much appreciated all of the staff! And my candida has improved greatly.

John Lawson, Land Developer, Blackburn, Vic

I've lost weight. I've become aware of importance of right food intake. The pressure in my colon has eased 95%. My hypoglycemia is much better. Thanks to all!

Tara Aich, Nimbin, NSW

I feel sparkling clean inside and out!

Judy Sheehan, Tupperware Distributor, Coffs Harbour, NSW

I didn't come here with a health problem - just slight overweight. I was very stressed and mentally tense, though. Now, I have a more positive attitude toward all things. I know that this feeling will grow and grow because I'll be working on it.

Lorraine Shand, Cremorne, NSW

I'm 75, and when I arrived here my blood pressure was so high (240/150) that my doctor called me a "bomb ready to explode." My blood pressure is now down to 140/95, and I'm thrilled!

Marian Schreiber, Buderim, Q

I attended Hippocrates three months ago. Since I returned home, I've stuck to raw foods almost 100%. My asthma is much improved, and everyone tells me how clear my skin is now.

Lillian Bolland, Mudjimba, Q

TESTIMONIALS

I arrived here tired and lethargic, and with a wisdom tooth infection which caused my entire body to ache. After just 3 days my jaw stopped aching, I felt much more energetic, my skin returned to its smoothness of years ago and everyone told me how much younger I looked. I'm now at home, and have continued to stick to raw foods 100%, despite the temptations. I'm going to distribute Hippocrates brochures widely.

Delwyn Phillips, Director, Aquarian Books, Alexandria, NSW

I feel purer in body and mind. I've lost seven pounds, and my candida has improved. I feel that I've been helped spiritually, too.

Karen Howes, Secretary, Dee Why, NSW

I'm age 84. After 2 weeks at Hippocrates I'm feeling much more optimistic. The rheumatic feelings in my legs have disappeared. I'm walking better and faster. I like the warmth and helpfulness of the faculty and students, making a happy atmosphere and great outings.

Annie Sylvester, Benarkin, Q

I attended Hippocrates two years ago. When I arrived my multiple sclerosis condition was so bad that I could barely walk up the stairs. I've stuck to the program since I came home, and I've slowly improved. I'm getting more mobile, and I'm feeling a little more energetic very month. When I first returned home, I ate too much, which slowed my healing. Then I did a 4-day juice fast. I felt good and moved much better. Now I have juice plus just one meal each day. I operate on the minimum amount of food that I can, and it's working for me. The recovery is slow, but it's happening, which gives me the courage to stick with it. As you can see, I'm determined to get mobile again, and I will stick to raw food until it happens.

Peter Reichenbach, Gisborne, New Zealand

TESTIMONIALS

I feel very active. I have more energy. My mind is clear. I feel clean inside and out. An interesting thing: a tumor was surgically removed from my face, and several nerves were damaged at the time. The right side of my face has been numb since. So I've cut myself shaving continually, because I couldn't feel the blade. I'm excited to say that I've shaved myself twice here, I can feel my face, and I didn't cut myself!

Barry Hart, Factory Manager, Lismore, NSW

I feel a lot lighter, my digestion has improved and I have more energy.

Maureen Robinson, Christchurch, NZ

When I arrived here, I lacked energy and felt sluggish. Both of my knees have been swelling so that it was painful to sit on the ground and walk up stairs. Now all of the pain is gone! I can sit on my knees and do yoga exercises which weren't possible before. I feel energetic and awaken earlier. I'm more positive. I've lost 6 kg, and look much younger.

Peter Bottomley, Canberra

I have much more energy. I'm more positive and aware. The eczema on my face and throat has improved considerably. It's been a wonderful experience!

Irene Probert, Beresfield, NSW

I was tired and lethargic when I came. Now I'm quite energetic. My hair and eyes have improved. I've lost 5½ kg. When I get home I'll stick to raw foods 100%!

Helen Marciniak, Beresfield, NSW

I'll be back same time next year! Thanks for everything: lovely food, interesting talks and information, warm hugs, juice and enemas and walks. Continue with the same for many more years to come with many more people. Love.....

Barbara Gilsenau, Kuranda, Q

TESTIMONIALS

I wish to congratulate and thank all of you for creating Hippocrates Health Centre! After just 5 days I'm more relaxed, more aware and my body is free of tension. I can now menstruate without feeling cramps or bloat. My gums have stopped bleeding. The ache is now gone in my left knee and ankle. I've now been home for 24 hours (5 C!) and have had a small amount of fruit this morning, and a small raw salad this evening with avocado - delicious! I have pledged to myself to continue this regimen for the rest of my life. I've discovered that my main addiction was beer and red wine, and some foods. Before I came to Hippocrates I was heading for a heartache, stress, hyperactivity, tension, business pressure, high and low emotions, all mixed with more stress. Now, with more exercise, relaxation, classical music, more laughter, visualisation and more self love I'll live to age 100! God bless you in your work.
Elizabeth Gainsborough-Smith, Sales Manager, Canberra

I'm so happy! I lost 8 kg in 19 days, and I feel wonderful!
Fiona McIntosh, Auburn, NSW

I came to Hippocrates because I was worried about my health. I was relying on laxatives, and generally feeling tired, falling asleep watching TV and depressed. Now, after only 5 days, I feel energetic and I have a sense of wellbeing and confidence. I know now that I have the tools to maintain my newfound health. Thank you, Hippocrates!

Patricia Dunn, Retired, Reedy Creek, Q

I feel well now. I'm aware now of how my body has deteriorated over the last few years, and I'm determined to reverse this process. I've started to laugh and display the zest I used to have. I'm feeling excited now. Depression is gone. I've lost 5½ kg in 5 days. My skin is firmer. Puffiness is greatly reduced. I'm more mobile and supple. I've reduced my blood pressure tablets. All in all, my gratitude is greater than you can imagine!

Ian Crase, Marine Chandler, Chelmer, Q

TESTIMONIALS

It was GREAT! I lost 15 kg in 19 days. I have more energy. I've learned to control stress through meditation and relaxation. And I've learned how to maintain a kitchen properly.

Eva Trainor, Telephonist, Age 36, Balwyn, Vic

I lost 7 kg in 12 days. I'm breathing much better. My old aches and pains are gone. My head is much clearer. I'm simply feeling so much better in myself! What's most important is - Hippocrates has done for all of us exactly what we wanted to achieve.

Kate Lockrey, Company Director, Age 54, Warriewood, NSW

I'm amazed by what I've achieved in 5 days! I've had pain for 5 years ever since my appendix was removed. The doctor told me the pain was caused by scar tissue from the operation. He offered to inject cortisone, but I refused. In just 5 days of enemas and implants the pain is gone!

Ruth Ellis, Teacher, MacGregor, Q

At just age 15 I have arthritis. In 5 days here I've lost weight, swelling in my fingers has decreased, pain in fingers and knees is gone and I feel more energetic.

Louise Ellis, MacGregor, Q

Glaucoma has improved! I have much more sight in my left eye, and I've lost weight.

Joan Peckover, Age 69, Jindalee, Q

I wish I could be here longer! I'm now alert, rested and cleansed.

Joy Ward, Age 60, Sculptor, Ipswich, Q

I first came to Hippocrates for 1 week, 18 months ago. One week just scratches the surface, though. I've now completed 3 weeks. I'm more relaxed. Eyes are stronger. Skin color is much better. Cravings for "bad" items are greatly diminished. I've lost weight. I'm now optimistic. Thinking is clear. I'll be back!

Seamus O'Keefe, Farmer, Grevillea, NSW

TESTIMONIALS

In 19 days I lost 10 kg - 6.8 kg in the first 5 days! And I stopped smoking, with minimal cravings. I arrived weighing only 70 kg - so I lost almost 10% of my weight in the first 5 days! I feel lighter and more energetic. Skin texture is clearer and smoother.
Maria Christianos, Company Director, Kangaroo Point, NSW

In 8 weeks at Hippocrates I lost 19 kg, and my bowels worked much better.

Rick McLennan, Grafton, NSW

We're now home, after spending 3 weeks at Hippocrates, and are happily building on the foundations we learned from you. There is an essence of "pure rightness" in your concept and endeavors which in itself will prevail. Soon I'll send you a list of all of the persons here who've expressed an interest in Hippocrates. All good wishes to you and a big hug!

Carol Pankhurst and Mary Fulford, Moe, Vic

Firstly, may I say how much I enjoyed my time at Hippocrates. I'm now even more aware of what I learned there in just 6 days. How much more clearly I now view my food ideas and preparation, and compare them to the essential goodness of the right foods to ingest, and to combine them in proper sequence. One of the most pleasurable aspects was the wonderful company of other students. We all supported each other in many ways, laughing at silly jokes, comparing views, the likes and dislikes of foods and any details about them. The staff and visiting experts were also much appreciated. Their advice, subject teaching and attitudes were all very helpful and easy to follow and cheerfully executed, too. I'm hoping for the time when I may be able to visit the centre for another round of battle with the baddies of the food world. All the very best to you and the great Hippocrates concept!
People here are already commenting on my lively looks and healthful appearance!

Pat Russell, Pleystowe,

PLD

TESTIMONIALS

In just a week I've stopped smoking, learned to control stress, have much clearer skin, have enormously increased my energy and bought the video to show to everyone at home! Thanks to the wonderful faculty!

Gloria Benecke, Farmer, Windsor, NSW

I've lost some of the fat deposits in my thighs. I feel more healthy inside, and have more direction in my lifetime diet plan.

Shantal Walker, Age 14, Nambour, Q

I just attended Hippocrates for the second time, and brought my daughter. My energy has increased remarkably! Thank you!

Jan Walker, Nambour, Q

During week 1, I felt toxins being eliminated from my body, and more energy. During week 2, I had none of my usual hypoglycemic symptoms, less anxiety, and a frequent feeling of calm and peace. It's wonderful! And my body is more oxygenated as a result of the new breathing techniques I've learnt.

Wensley Roth, Age 59, Bilambil Heights, NSW

In just 5 days: I've lost weight. I no longer feel lethargic and apathetic in the morning. And my arm - after being numb for 18 months - is developing sensations again!

Judy Wilson, Beechboro, WA

I arrived here with colon cancer. I originally booked for 2 weeks, then decided to extend for 2 weeks more. I know that I'm on the right track, and will continue the program when I go home. Back pain after eating is gone. Sore gums are gone. And my sense of taste and smell are much improved. Thank you!

Sela Oung, Lyneham, ACT

I've lost weight and slept well. Several have told me that my face looks better and younger. I've destressed, and my lung capacity and breathing have improved markedly. The program (and food presentation) are superb!

Barbara Maller, Redbank Plains, Q

I've lost weight, my skin is clearer, and I'm ready to get on with my life with much more energy than before!

Kathy Mills, Burleigh Waters, Q

TESTIMONIALS

I'm 66, and have prostate cancer. I've had both radiation and surgery. After 3 weeks here, I'm feeling better, my skin is clearer and I'm less tense - more relaxed and much calmer in myself. I found meeting others here, who have had and overcome cancer, immensely heartening. I appreciated the relaxed and friendly atmosphere. I'm confident that I'll continue to improve at home.
Roy Wheeler, Retired Educator, Watson, ACT

My chronic incontinence was gone in 2 days! And chronic back pain is also gone. I came for one week - and liked Hippocrates so much, I extended for a second week. I lost 6 kg, my high blood pressure has dropped remarkably and I've learned the importance of eating small amounts, frequently, to maintain a steady blood sugar level.

Sofie Tod, Organic Farmer, Age 60, Cambooya, Q

I lost 2 kg in 5 days. Chronic diarrhea which I had is gone. I feel great! We've already recommended HHC to a number of friends.

Keith Moore, Age 62, St Lucia, Q

Sinusitis has improved. I've lost 2½ kg.

Isabel Moore, Age 56, St Lucia, Q

Coming to Hippocrates was the best investment we ever made! After just 6 days I've regained my mental capacity, and go home and go forward in life. I have full control to say no to all the wrongs in life. I feel great. I've been reborn!

Don Thomas, Age 79, Landsborough, Q

I feel as if I have a new body. I'm now more aware of my body, and won't burden it with excess food.

Audrey Thomas, Age 62, Landsborough, Q

HEALTH CENTRE
HIPPOCRATES



TESTIMONIALS

In just 5 days here I've seen a huge improvement in my digestion. Rumbblings, wind and discomfort have all but disappeared. It's certain evidence that I need to change my eating habits. And I lost 3½ kg!

Lenore Boyd, Naturopathic Student, Age 25, Tarragindi, Q

In just 5 days I've lost weight, my skin is cleaner and softer, my hair is shinier, I have more energy, I feel lighter and cleaner and I'm breathing more deeply.

Penelope Tod, Age 33, Hill End, Q

Many thanks to the entire faculty for a very special and lovely week! Since I've been following a raw food diet for a number of years and have been very health and fitness conscious, I haven't felt any big changes - but I do feel an overall and thorough cleansing and purification throughout my body, from the diet and cleansing activities, and from the beautiful serene natural environment. Warm wishes to all.....

Diana Woolf, Caulfield, Vic

When my father and I attended Hippocrates almost one year ago, I had Hodgkin's Disease (at age 16). I've stuck closely to the program at home since then (despite the Wellington winter cold) and everything is going well. I've even written an article about my experiences with the medical profession, and it will appear in the local newspaper. I'm having massages regularly, swimming, and having steam. I think about all of you at Hippocrates often. You are all very special to my father

and me.

With lots of hugs and love.....

Wendy Potter, Wellington, NZ

TESTIMONIALS

Hippocrates is wonderful! I'll be back! Since doctors removed most of my thyroid gland, I've had chronic bloat no matter what I do. In just 4 days here I've lost 4 kg, and bloat is gone!
Donna Wratten, Company Director, Age 43, Burleigh Heads, Q

I just attended Hippocrates for the third time. I had a wonderful, relaxing time. Since I've been home, I feel wonderful and have been sticking to all the wonderful raw foods. Keep the great work up you are doing, trying to help people to get on the right track with their health, which is #1 as far as I am concerned. It is a pity more people don't take the opportunity to see this the way we do. I wish you all the best with your wonderful centre and can only hope more people start realising what a wonderful place it is and a fantastic opportunity you are offering them. Thanks to everyone for their great dishes, which were very tasty and nutritious. Lots of love and the best of luck with your terrific centre.
Irene Probert, Beresfield, NSW

I just attended Hippocrates for the second time. I improved dramatically the first time I was here, and followed the program for quite some time. I returned to get a new boost and incentive, because I couldn't get started on my own. I feel terrific again!
Kristina Vogelsang, Eagle Heights, Q

I lost 5½ kg in 12 days, and feel and look far better.
Len Arnold, Minto, NSW

I lost 4 kg in 5 days. My skin is much better, and I feel great!
Irene McKay, Age 36, Train Conductor, Kyneton, Vic

I had chronic head pain for a year. As a result of following the Hippocrates Program and receiving osteopathic treatments, the pain improved much in my 3rd week here. By the 4th week, pain was gone. My menstrual cycle has improved. I sleep much better, with no nightmares. Thank you! It's wonderful!
Deanna Melhuish, Age 47, Nanny, Lancashire, UK

TESTIMONIALS

The program and staff are just great! I've lost 4 kg in 5 days. I've been suffering from asthma for years, and using Ventolin and Becotide sprays every day. ON THE FIRST DAY HERE I WAS ABLE TO STOP USING THE SPRAYS! I've cut down on prescribed antidepressants. My sight and hearing have improved. My energy is up. I feel more ALIVE, more vital, more optimistic about my future - and I've learned so much to make it happen and get better! I can't wait to return with my husband. And I've bought lots of books and tapes, so I can stick to the program at home and share it with my friends. Liz Swanton, Chief Sub Editor, "New Woman", Sydney.

I've just attended Hippocrates for the second time. I was here for 2 weeks, and only wish I could have been here longer. I've lost 5½ kg. My physical wellbeing, vitality and mental clarity have improved enormously. My eyes are much clearer, and shortsightedness has improved. And discomfort and pain in the metacarpophalangeal joint of my right thumb (a result of early osteoarthritis in the joint) has disappeared!

Dr Robert Elliott, Surgeon, Age 43, Wollongong, NSW

I've lost 6 kg in 12 days. My energy level is much higher. Eyesight is much clearer. A slight candida growth seems to have cleared. Significant lower back pain is GONE! And my menstrual periods this time was almost negligible! I'm thrilled, and am being an example for everyone I know.

Rebecca Ramm, Age 31, Enrolled Nurse Aide, East Maitland, NSW

I've lost 5 kg and am feeling so much happier! I'd love to work here one day.

Sue Tyler, Age 18, Inverloch, Vic

For the first time in many years I've not indulged in tobacco or alcohol! And I've lost 3 kg in 5 days. My skin is smoother, and my eyesight has improved. I'm telling my friends!

George Hunt, Masseur, Tewantin, Q

TESTIMONIALS

I've lost 7 kg. Headaches are gone. Nails are stronger. Skin is clearer. I'm eager to return!

Elizabeth Jensen, Public Servant, Kangaroo Point, Q

I just attended Hippocrates for the second time. I've lost 3½ kg in 5 days. My chest is clearer. I'm brighter and more alert! I'll be back!

Lorraine Ives, Lawson, NSW

I've lost 5 kg. I feel relaxed, yet energised. My skin is smoother, eyes brighter and I'm HAPPY! I'll be back, too!

Sally McFarland, Uni Student, Age 20, Canberra

I've lost 3½ kg in 5 days, and look and feel much better.

Carol Harrison, Thornlands, Q

I've lost 3½ kg, and a chronic odor I had is gone. In addition my skin quality and color have improved. I feel much fitter. My husband (age 87) arrived here in a wheelchair, with a chronic neuromuscular disorder. His speech and mobility have improved markedly, and his chronic constipation has improved enormously.

Michael and Enid Ryan, Retired High School Principals, Trinity Beach Q

I've lost 3½ kg. My skin is much better. I look and feel much better.

I'm eager to return!

Wendi March, Carrum Downs, Vic

In just 5 days I've lost weight. I don't have the swelling in the stomach that I've suffered for years. Now, for the first time, I'm in tune with my body and mind. I've never exercised, and now I realize the importance of daily exercise. And, when I brush my skin, I can feel the benefits, and pain in the stomach is GONE! I've given some time to ME!

Audrey McMillan, Age 47, Beenleigh, Q

I've lost 4 kg in 5 days! I feel wonderful, and can't wait to return with my husband.

Stephanie McGovern, Company Director, Kellyville, NSW

In just 5 days pain in groin appears to be gone. I've lost weight, and feel lighter and more alive. I now feel that I can accept the challenge of overcoming cancer, armed with beneficial knowledge and love. Thanks heaps!

Cheryl Cragg, Main Arm, NSW

I'm a naturopathic student. After 12 days here my skin feels very smooth, and looks much clearer. I don't have cravings for sugar any more. Mentally, I feel a lot stronger and more confident. The various exercises and procedures such as visualisation, meditation and deep breathing have helped me to increase awareness of myself and gain greater calm.

Trish Sassu, Woolloowin, Q

I have lymphatic cancer. I've tried various methods to overcome the cancer, but nothing has produced the results that two weeks at Hippocrates have. I have more energy. I'm not as tired. I no longer have severe pain in my neck. My fingers were very cold, and now they're warm. I feel that my breast swelling has lessened. I'm sleeping better, waking refreshed, and look much better. I had lost a lot of weight before arriving here, and am very pleased that I lost very little here.

My husband, Andrew, achieved great results here as well.

Christine Sekely, Montrose, Vic

I've been on various vitamin pills and supplements for 20 years. Now, for the first time, I feel and know that I have the knowledge and information I need to abandon this palliative and suppressive "therapy" and build a foundation for a healthy and vital life.

Nicole Cameron, Lindfield, NSW

My body and mind feel more calm and relaxed. The raw foods and juices have combined to cleanse the organs and make the body healthier and more energetic. The body has detoxified, and the skin now seems cleansed. The whole program has been invaluable, and I intend to follow the diet as prescribed. And I arrived here with diabetes! (Controlled by diet.)

Neville Cameron, Lindfield, NSW

TESTIMONIALS

In just 5 days I've lost weight, broken bad habits, and stuck to the cleansing regime. I desperately needed it, and I never would have been able to stick to it at home. A big, big plus: I can now bounce on the rebounder without losing control of my bladder! The diet is great.

Chris Toussaint, Welfare Worker, Loganlea, Q

I've just finished my second 2-week attendance at Hippocrates. I'm thrilled to report that I've lost 8 kg in 11 days!

Dr. Lindsay Barker, Educational Administrator, Toowoomba, Q

After many years of trying different diets, health organizations and doctors, I was still suffering from headaches, overweight, high blood pressure, lack of energy and minor depression. When I came to Hippocrates I found the program logical and sensible. I never felt hungry, I lost a great deal of weight, people say I look 10 years younger, I regained energy to work and exercise, my hair and skin regained their healthy glow and my outlook became clearer and more positive.

Fabienne Apert, Fashion Designer, Paris, France

The thing I learnt most during my attendance here is how important the atmosphere that we eat in is. Going on the juice fast while being in a stress-free atmosphere added to the feeling of wellbeing that the good raw food supplied to my very overstressed digestive system. The general feeling of wellbeing and the much clearer mental acuity that I experienced made such an impact on my mind that the experience will help me to remember the lessons I learnt. I thank the faculty for sharing so much of their personal experiences, which helped apply the things we learnt to our own lives. Thank you

Suzanne Wallace, Toowoomba, Q

I've lost weight. I'm moving more easily, and I'm more relaxed. I'm breathing better. My cough is gone. I've learned a great deal, and am confident that my health will continue to improve.
Chris Kerr, Wellington, NZ

We are now less stressed, have lost weight and have a different outlook on life. We have enjoyed our time here; everyone has been so friendly and kind. This is a great place for a rest!
June and Noel Tribolet, Banora Pt, NSW

I've lost weight. I feel more alive, more alert, freer in my body movements, "crisp" and fine tuned. I don't feel the heavy tiredness.
Maggie Brown, Nambour, Q

I stopped smoking AND lost 6 kg! I'm very happy. Thank you! I'll be back!
Beatrix Christian, Chippendale, NSW

I stopped using my asthma puffer on day 1! I've lost weight. Skin is smoother. Scales are gone from elbows and legs. I'm not coughing. Chest mucus is gone. I feel calm and relaxed.
Monica Pymm, Goonellabah, NSW

My skin is softer. I've lost weight. My eyes are clearer. There's much less mucus in the lungs. All of the faculty were very good and very helpful. They couldn't do enough for us!
Barbara and Phil Jones, Auckland

I've stopped smoking AND lost 4½ kg in 5 days!
Patrick Long, Armidale, NSW

I've stopped smoking and lost weight. Pulse is slower. Skin is much softer. Dry skin has disappeared!
Gail Lander, Melbourne

I've stopped smoking. Nilda and I have both lost weight, and feel far more fit. Thank you!

Dennis Underwood, Lightning Ridge, NSW

In just 5 days: knees are much more flexible. I've lost weight. I've lost puffiness in ankles, feet, wrists, fingers.

Eileen Killeen, Ashgrove, Q

I've just returned to Hippocrates after four years away, in just 5 days I'm calm again. I feel less stressed. I've lost weight. No headaches. I feel fitter, and skin has improved.

The program is very good! You simply can't improve on it.

Gill Wright, McCrae, Vic

After just 5 days, my skin, hair, digestive system all feel great! Any my daily meditation here has been very deep from the first minute onward. My children (ages 14,11,11) also enjoyed the program very much. They're keen to follow the diet 100% and try new recipes at home. It was a happy time here for all of us, and the days were full of things to do and listen to and enjoy. Although the children

assumed that they would be bored, they were not bored for even one minute. The program is perfect just as it is!

Rita Hogel, Bellingen, NSW

The point holding work was tremendous. We solved some major circulation problems, and freed up tension in my shoulders. The enemas have also cleared my system, and my stomach is much clearer. And the massages freed knots in my shoulders, back and legs. The program is excellent, and the staff is fantastic.

Frayda Cooper, Tweed Heads, NSW

Although I've been eating raw foods for some months already, I had not yet detoxified properly, and I found the program to be very helpful. My outlook to continue the program is even more entrenched, and I look forward to being healed from various chronic ailments in the future. I couldn't add anything to make the program better. It's all included!

Geoff Greenhill, West Burleigh, Q

SUCCESS STORIES

I've lost 5½ kg in 18 days. Internally I feel cleaner. Reflexes improved. Body looser. Coordination is better. Above all, I've learned how to avoid creating mental and physical health problems by following the positive habits I've developed here. Chronic catarrh and skin problems have diminished considerably.

Bob Burdock, Health Shop Owner, Age 54, Wentworth Falls, NSW

I, also, lost 5½ kg in 18 days. My liver has improved 100%. This is a result of wheatgrass juice implants and their high iron content. Iron is necessary for proper function of the liver. MY liver feel the best it's felt in 10-12 years! Results have been swift due to the well-planned Hippocrates Program. I've also lost the pain in my breast and in the lymph node just below the breast. The program is perfect as it is, and shouldn't be changed in any way. Why change something which works so well? The organisation of the faculty is first-rate and the many subjects covered help one to lead a more balanced life in mind, body and spirit.

Alice Burdock, Health Shop Owner, Age 52, Wentworth Falls, NSW

I'm back on a better, healthier diet and have learned a lot! And I've lost 2½ kg in 5 days!

Judy Cadden, Artist, Forster, NSW

I've lost 4 kg. I'm much more relaxed and focused. I've learned an enormous amount. And, amazingly, chronic shoulder pain I've had for years is gone completely!

Kim Rogerson, Nagoya, Japan

I've lost weight. I have more energy, and less stress. My eyes feel better, and my skin and complexion have improved. I've learnt more about what my body needs, and good nutrition. I've learnt about myself, and how to help myself, and I feel more happy and relaxed. I've taken lots of information to give to anyone interested. The program is truly excellent just as it is.

Thank you!

Shirley Gibson, Elliston, SA

My energy is higher. Headaches and joint aches are gone. My skin is softer and clearer. I've lost weight. Stress is gone. I feel joyful!

Mifey Hodson, Melbourne

TESTIMONIALS

ADDENDUM: Months ago, when my blood pressure reached 160/105, my doctor recommended that I take tablets. The tablets reduced my blood pressure to 140/97. I had my blood pressure tested on Saturday morning, immediately after 1 week at Hippocrates, during which I took NO blood pressure tablets. My blood pressure is now down to 120/70. My doctor is very impressed.

Mike Hughes, Businessman, Southport, Q

Thanks to all the wonderful staff! I lost 4 lb, and my body has never felt as clean - inside and out. I recently lost my husband (age 53) to cancer. I know that this program will help me and my children maintain good health.

Marjorie Barton, South Hurstville, NSW

I've had severe arthritis since I was 18. I've found that diet has made an enormous difference. After 3 weeks here, my knees don't swell up nearly as much as before when walking uphill. Excessive nasal mucus has gone. Tendency toward sinus and migraine headaches has gone. My vitality in ALL aspects has improved, possibly doubled. A nagging neck problem has vastly improved. I've already told many people about Hippocrates.

Horstmar Schulz, Housing Officer, Geelong, Vic

My wife, Helen, and I attended Hippocrates two months ago. We've stuck 90% to the program since then, and feel enormously better. We were badly bloated with Candida Albicans before. Now we feel energetic and ALIVE again. We recommend the program to everyone. And we've each lost a stone.

Lynt Thompson, Real Estate Agent, Coffs Harbour, NSW

I'm the fittest I've been in years. My pain from kidney stones is completely gone. My skin feels great; almost like a baby's skin. I lost more than 6 kg in 6 days. I'm at peace with myself for the first time in years. I enjoyed my stay very much. All of the faculty were great, and I thank you all very much for all of your support. You helped me enormously to help myself. THANKS!

George Peters, Hairdresser, Southport, Q

It's been years since my daughter and I attended Hippocrates, and we're still spreading the word to lots of people. All of our family are still fit and well, and still climbing high mountains in the Himalayas! Keep up the good work!

Daphne McPherson, Eltham, Vic

I have more energy, and feel less stressed. Skin is much clearer and smoother. All in just 5 days! Mark's skin is also much clearer, and he lost 4 kg! Mark's eyes are brighter, he has far less nasal mucus, and is much more relaxed. And we're very happy with all the facilities - have told friends about Hippocrates already - and will return for a longer period in a few months. Thanks to everyone!

Maria and Mark Dore, Bossley Park, NSW

In the six days I've been here, I've decided to eat only raw whole foods for the rest of my life. I've found the purpose, desire and determination to practice what I preach. My blood pressure has dropped. I can now walk much farther without rest. All depression and heart problems have gone. My entire system feels cleaner and more alive. I know that I will continue to improve. Another fantastic change: for the first time in many years I can go out in bright sunlight without sunglasses. It's great here. Whoopee! And I've written a poem:

What can I say
I don't want to go
You are lovely people
I need you to know.

Certainly Sunday night
You'll see me often
And I'll encourage others
To avoid the coffin.

Thank you, Ron
Thank you, Chris
Jenny, you are
A darling miss.

Kyle and John and Rob and Kelley
I won't forget you
Yes, Sara
You're sweet, too.

And last, but not least,
There is one more
Though in spirit, I thank you
Dear Ann Wigmore.

(Yes, Samson, you great mooch
You really are a big smooch.)

Doug Jackson, Natural Therapist, Southport, Q